SIGNATURE SERIES LATERAL RAISE (FZLR)

Muscles Exercised – Deltoids

Setup
Adjust seat height to align shoulders with machine pivots. Sit facing the machine and position forearms on pads. Lightly grip handles and raise elbows until even with shoulders. Return slowly to starting position.

Performing the Exercise
When elbows reach shoulder height, hold the position briefly and then lower the pads slowly to starting position. Tip – if seat is adjusted properly, pads should not slide on arms during exercise.